

KV NO-2 ARMY CANTT. BHUJ

SUMMER VACATION HOMEWORK SESSION 2023-24

GRADE : XII

SUBJECT- PHYSICAL EDUCATION

1. Draw the court of Kabaddi . With its measurements.
2. Write the rules and regulations of Kabaddi.
3. Describe any ten Asanas of Yoga and also mention their benefits.
4. Write the benefits of a balanced diet.
5. Write all the steps of Surya Namsakar and also elaborate it.